

THE NEW
ALTERATIVE MINERAL SPA
GUIDE,

HOTWELLS ROAD, BRISTOL.

PRICE ONE SHILLING.

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ALTERNATIVE MINERAL SPA
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*This Book costs 2/-, and I believe the whole of it
is nothing more than a Puff. —* *M.C.*

J. M. h

AN
IMPARTIAL INQUIRY
INTO THE
NATURE and QUALITIES
OF THE
NEW SALINE MINERAL
SPA WATER,
AT
The TENNIS COURT HOUSE,
HOTWELLS ROAD, BRISTOL.

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WITH A
CONCISE ACCOUNT OF THE DISEASES,
Wherein it is chiefly indicated;
AND THE
Diet and Regimen necessary to its successful Use.

BY
A GENTLEMAN OF THE FACULTY.

BRISTOL:
Printed by S. BONNER, Castle-Green, for T. DAVIS, the
Proprietor; to be had at the Pump-Room, and of most
Booksellers in England, Scotland, and Ireland.

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AN
IMPARTIAL INQUIRY

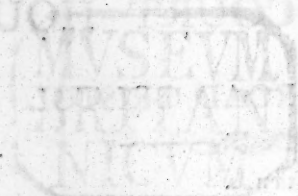
INTO THE

NATURE AND QUALITIES

NEW SALINE MINERAL

SPA WATER.

THE TENNIS COURT HOUSE



CONCISE ACCOUNT OF THE DISEASES

WHICH ARE CAUSED BY IT.

By J. H. HARRIS, M.D.

A TREATISE ON THE

PREVENTION OF THE DISEASES OF THE
SPRING HOUSE, AND OF THE
PREVENTION OF THE DISEASES OF THE

INTRODUCTION.

AS a duty incumbent on all mankind, to set forth and support every thing in his power or abilities, that shall seem probable of being of the least present or future use to his fellow creatures,

THE following treatise is offered to the public, for the benefit of those who are or may be afflicted, and might possibly lose the benefit of so inestimable a Medicinal Water, for the relief of innumerable complaints, which they might never be so lucky as to hear of, was it not through the channel of the press.

As health is so great a blessing, every attempt directed towards its preservation must

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at least deserve some small share of public approbation. To communicate useful information to the public cannot be deemed impertinence or intrusion: to withhold it would be ungenerous and inhuman.

UNGENEROUS, because every member of the community is either actually or virtually obliged to his fellow creature.

INHUMAN, because we are impelled by the first principle of nature, as well as by the laws of morality and the precepts of religion, mutually to assist each other. From the exercise of this assistance results the most exquisite and lasting pleasure of which the heart of man is susceptible.

It is with most candid impartiality this small Treatise on the Saline Alterative Mineral

ral Spa, or inimitable Chemistry of Nature, is presented to the public as a Guide or Directory to their going under a proper course of the said Waters, with a medical regularity adapted to the different diseases with which the patient may be afflicted.

It is hoped that every one who shall find it necessary to put themselves under a regular course of these Waters, will most strictly and diligently pay every due attention to the different rules laid down: not only in respect to drinking these Saline Mineral Waters, but likewise in regard to regimen, air, and exercise, in order to restore them to health, and to enable them to become useful members of society.

I BELIEVE every one will think this absolutely expedient, who seriously considers, that an irregular

regular method of using these Waters will not only frustrate all the hopes and expectations of the patient and render his trouble and expence ineffectual, but what is still worse, may heighten the disease he already labours under, or bring others equally insupportable.

It is frequently found in the use of all Mineral Waters, that many who either begin or else continue them improperly, soon feel themselves disappointed, and at length quit the use of them with disgust, and then throw out prejudicial reflections on the qualities and properties of the Waters, without a particle of solid foundation or reasonable argument for what they please to advance, owing to their proceeding totally repugnant to the principles of regularity or cure;

WHICH is doing a very great injury to themselves and likewise to the afflicted in general,
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by leading them to suppose that the Waters do not possess such medical virtues as is said of them, by which means ^{they} deprive others of the pleasing success they might find by a fair and regular trial.

THEREFORE it is hoped that not any who are afflicted with the different diseases mentioned in this treatise, but will have a sufficient faith in the hand of Providence to give this most inestimable Spring a fair trial, as it behoves every one to countenance and encourage the gift of nature.

THIS pamphlet is not intended as one invariable rule which every constitution and habit of body is entirely to be directed by, but as a basis to act on in most common cases. But in cases of exigency, and peculiar irritable ha-

bits of body, it is desired that the patient will take the advice of some physician or apothecary that is acquainted with the qualities and properties of this Water; so that they may not be misled by their own ideas of the state of the case they then labour under, which would make a peculiar difference in the effect which might take place in the use of this Water from a misrepresentation or idea of the state of the disease.

IN regard to preparative means internal medicines are generally superfluous, the Water itself supplies its own preparative if properly managed. A course of this Saline Mineral Water in many cases will be found necessary to be continued for a considerable time, and the finally leaving them off must be in a gradual manner, by lessening the times and doses, and
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using it for a few weeks after, and abstemious diet, and guarding against costiveness.

I do not mean in this small pamphlet to give any account of the exact proportions of the different component parts of this Saline Mineral Water by analyzation, as that shall be fully explained in a future edition, with the addition of a list of authenticated cures alphabetically digested.

It is quite sufficient to the afflicted in general to know that the Waters do possess such medical properties as are herein mentioned; and particular care is taken not to make out more or greater qualities and properties belonging to this Saline Mineral Spa Water, than the author of nature has most graciously given.

THIS Water is perfectly transparent, yet an admirable mixture of the chalybeate and saline, with a portion of fixed air, combined likewise with a portion of phlogisticated air, which uniformly assist one another in the cure of the different disorders herein laid down, and it is impregnated with its mineral quality by the different subterraneous ores through which it passes.

WHEN put ~~out~~ into a glass and suffered to stand long, a quantity of air bubbles arise, which, (depend on it,) are rarefactions of fix'd air.

THIS Saline Mineral Water does not contain the quantity of salts found in the Cheltenham Waters, consequently ^{it is} more efficacious in many cases, as it is more readily taken up by the absorbent vessels, and carried through the round
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of circulation, and enters the whole habit, without passing off so rapidly by the intestinal tube, but at the same time acting as an undeniable alterative, though in the mildest manner, even on the most irritable and delicate constitutions.

It speedily removes all cutaneous eruptions, bilious complaints, scorbutic and scrophulous affections, likewise all complaints of the hemorrhoidal vessels, commonly called the piles; and has done wonders in ulcerated fore legs of many years standing; likewise rickets in children, and all other diseases arising from a relaxed habit or languid circulation; and numerous other diseases. Several who have been deemed incurable by the faculty have happily found relief and cure by the internal and external use of this most excellent and inestimable Saline Mineral Spring.

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It increases the appetite, raises the spirits, and strengthens the body, as many continually experience and with pleasure acknowledge; so that its use is daily increasing and this public information is given at the particular desire of those who have found beneficial effects.

THIS Water will remain transparent for any length of time, or in any climate, and does not deposit any thing whatever; its taste, though sensibly Mineral and Saline, hath nothing nauseous in it, but is one of the most soft and agreeable Mineral Waters ever discovered; from its peculiar clearness and medical virtues ^{it} may justly be called the Fountain of Blanducia.

THE most obvious and best known operation of these Saline Mineral Waters, when drank
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in due proportion and regularity is, that they greatly increase all the natural evacuations performed by the several organs of secretion, and cleansing of the whole body, and by their volatility, ^{it} invigorates the whole frame; it is deobstruent and bracing, and is good in all obstructions in the liver, viscera and mesenteric glands, and in all manner of obstructions that proceed from a relaxed habit and a languid circulation, such as hypochondria, jaundice, chloroasis, and female complaints.

THERE are likewise most excellent Saline Mineral Baths both hot and cold, prepared with the same Waters, established in the most uniform and convenient manner for the reception of the invalid. As all baths are capable of doing much beneficial service to the afflicted, so are they likewise liable of doing much mischief

mischiefe by being improperly or inadvertently made use of; therefore nothing will be said in this treatise in direction for their use, but ~~that~~ it is particularly requested that the patients will always take proper medical advice, previous to their bathing.

It is very extraordinary that the Hot-Wells, ^{and} ~~not~~ even the ancient City of Bristol, have never before had any regular establishment of Baths.

THE MINERAL SPA GUIDE.

THIS Mineral Spa, or inimitable Chemistry of Nature, is situated about midway between the city of Bristol, and the most admired and noted place called the Hot-Wells, at the house of T. Davis, called the Tennis-Court-House, Hot-Wells road, in the parish of Clifton.

WHICH place called the Wells has always been esteemed for its salubrious air, delightful prospects, and pleasant downs for riding or walking. As the air about the Hot-Wells is so peculiarly salubrious, it ought to gain the particular attention of the valetudinarian: for the air we breath has a great effect upon our bodies; it is well

known we can exist much longer without food than without air, therefore the salubrious quality of the atmosphere contributes greatly to the recovery of the invalid.

THIS Saline Chalybeate Spring issues from ~~out~~ of a chasm in a rock about twenty feet under the surface of the earth, which was opened by Mr. T. Davis, the present proprietor, about nine years ago; and two years after that, the medical properties of this Saline Mineral Water ^{were} ~~was~~ discovered by a gentleman of the faculty promiscuously tasting it, and declaring that he was certain there was very great medical qualities belonging to it, from which time till the year 1794, the virtues of this Water ^{have} ~~has~~ been made universal trial of, by giving it away to people afflicted with different complaints, by which means numerous remarkable cures were performed; and at length it was particularly taken notice of by the faculty,

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and has been accurately analyzed by chemists^{who} and physicians of the most noted abilities, ~~and~~ particularly requested that this Saline Mineral Water might be brought into public medical use.

THEREFORE the proprietor, at his sole expence, has taken great care and pains to have the Well steened around with the best terrace mortar, to prevent any kind of different springs from intermixing with the contents of its own natural subterraneous vein; and has raised the Water up by a common pump into a regular and commodious pump-room, for the reception of ladies and gentlemen drinking the Waters fresh from the Springs; and he is determined to spare no expence in his power by a laudable exertion, for the accommodation of a numerous and polite company; and as the Hot-Wells ^{have} ~~has~~ been for a great many years frequented by a numerous train of the first people in the kingdom, there is every

other accommodation in the neighbourhood according, such as lodging-houses, assembly-rooms, &c. which place is too well known by the first people in England, Scotland, and Ireland, to require further description.

THIS Water is a true Saline Mineral, impregnated with a quantity of fixed air, together with a certain quantity of dephlogisticated air. The active aeriform impregnations adapt it to pervade the minutest canals of the human frame, even those undiscovered supposed passages in the nervous system; hence it resolves obstructions of the most remotest existence: it dilates the cavities of the finer vessels, overcoming their spasmodic contractions, which constitute a variety of diseases.

ALTHOUGH the earthy and chalybeate particles of all Mineral Waters are considered by most writers as simple bodies by themselves, ^{they} never, [^]theless generally contain a portion of fixed air, which,

which, by uniting with them form new compounds, possessed of their own peculiar properties.

PURE Water itself, though uniformly esteemed a simple element, is known to consist of a certain portion of dephlogisticated and inflammable air, as has been proved both synthetically and analytically by the first experimental authors; it appears from observation to every author, that fixed air communicates to Water an antiseptic and exhilarating quality, by which it corroborates the whole nervous system, and gives a great degree of vivacity to the whole body.

It is evident that it is this aerial principle which gives the very agreeable smartness and poignancy to all Mineral Waters; and it is without a doubt this poignancy, which imparts life and energy to the other ingredients, by which they are enabled to pervade the remotest recesses of the human frame, and subdue some of the most obstinate

obstinate diseases. To what other principles in their composition can we rationally attribute those surprising effects which have been produced by this Saline Mineral Water.

WATER is found to imbibe fixed air more powerfully in cold than in warm seasons, and retains it more tenaciously in proportion as its temperature approaches the freezing point, and yet what is remarkable, the moment it undergoes congelation it loses it entirely; hence the presence of fixed air appears to be incompatible with water as soon as the latter approaches to a solid form; consequently, to preserve a perfect union between them, the extremes of heat and cold must be carefully avoided.

THE brisker kind of Mineral Waters, whose chalybeate principle is suspended by fixed air, ought to be kept in a cool cellar of equal temperature,

rature, the bottles well secured and inverted in a vessel of Water.

THE principal effects of iron in human bodies is, that it corroborates and gently contracts the fibres of all the inward parts, which are weakened and relaxed after long illnesses, and give them their natural strength and firmness; and by the motion of its parts, all slimy tartarous obstructions, if not too much hardened, are pressed out of the several canals of the body; for which reasons the steel or iron in this Saline Mineral Water proves excellent in defects of digestion, and all obstructions whatsoever.

THE reader may perhaps naturally expect some account of the medicinal virtues of the several component parts of this Saline Mineral Water, in a separate state; but such an account, though ever so accurately and circumstantially given, it is feared would fail of conveying the desired information

formation to the afflicted, concerning the genuine effects of this inestimable Spring.

THE salts, by their wedge-like chrysalization, split asunder all viscosities, infinitely dividing them; by such gentle excitement they also quicken a sluggish circulation, or remove whatever impedes it; the antiseptic power of marine acid, which composes a part, we know how capable it is of preventing the action of purulency; the terrene matter corrects all viscidities of the primæ viæ; it absorbs all acrimonious humours of the habit; prevents the accumulation and erosions of blood vessels; it involves the saline particles, enabling them to pass through the larger tubes of the body without effect, till they arrive at the smaller canals, where this terrene matter, unable from its grossness to pass, quits them, and the salts then act with their destined efficacy.

THOUGH

THOUGH some of its principles are far more active than others, yet as they are so exceedingly subtil, we must look for its medicinal virtues in the whole aggregate, rather perhaps than in any one of its constituent parts. The salts contained in this Saline Mineral Water contributes its share to the alterative and diuretic effects of the other ingredients; and as this salt has the singular property of passing, unaltered in its nature, through the several stages of circulation, and after all, of being recoverable from the blood and urine of animal bodies, its deobstruent effects in the remote parts of the frame, may be more considerable than has been generally imagined.

MANY writers on Mineral Waters speak of obtaining the chrystals of their salts as a matter of no great difficulty: nothing, according to them, being necessary to that end but exhaling the brine, and then setting it in a cool cellar for the

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chryftals to fhoot. Others however who feem to have tried various methods, talk of the thing in a very different language. Among thofe are the aborious Dr. Short, and the no lefs laborious Dr. Rutt. There is likewife a very entertaining as well as ufeful little book, called "Employment for the Microfcope," written by Mr. Henry Baker, F. R. S. which will give you a moft ingenious and elegant way of fpeedily forming and exhibiting to view the chryftals of falts floating in any pellucid folvent; but this requires a microfcope of a particular conftruction;—and as to the method of conducting this curious experiment, I refer my reader to the vii. chapter of the book itfelf, and fhall here only describe the forms of the chryftals, which may be feen in a fingle drop of purging Saline Water, fpread on a transparent glafs plane, placed under a microfcope, after it has been a little warmed, by paffing it a few times backwards and forwards over the flame of a candle.

As the heat first takes effect on the thinnest part of the drop about the verge, the exhalation was quickest there, and there it is that the scene of chrysalization began in the following manner:

LITTLE stems without number arise, as it were insensibly, (for it is impossible for the eye to seize them at their very origin) out of the liquid, condensed by the evaporation of some of its aqueous part near the edge, as from a bank or bed; and, by the like insensible degrees, from these shoot out lateral ramifications, and others also from them: so that after some time they do not ill resemble multitudes of fern plants with their branches and leaves.

By certain configurations properly called, of saline chrysalis, resembling the appearance of other things of a very different nature, by a certain opposition of innumerable figures, all similar to one another, or nearly so.

FOR

FOR when those component or elementary forms, if they may be so called, were strictly and distinctly viewed, they might be perceived to be in a manner all of them flat prisms, with triangular bases, not at right angles, but slanting to their sides, such being the specific form the chrystals at all times do assume: for salts, as the great Sir Isaac Newton suggests, being in a great measure indestructable in their nature, their shapes are also constant and invariable.

UPON shifting the glass so that a part of this little briny ocean remote from the shore comes in sight, the appearance will be greatly altered; for now every where will be seen little six-sided figures, infinite in number, in respect of the numberless before spoken of; some of these perfect orbs; others consisting of two equal and rhombal faces, with four equal square sides; some so very minute as hardly to be distinguished at first from
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points, but sensibly increasing their bulk whilst they are looked at. There is yet another sort being four sided flatish pyramids, with a narrow rhombal base; but they are fewest of all. In some places many of one or more forts are joined in contact, and lay in clusters or groups; and wherever this happens they are hardly any of them perfect in their figure.

THERE is likewise a very curious paper in the Parisian Memoirs, entitled “*Sur la CrySTALLISATION du sel Marin, par Mon. Rouelle.*”

IT farthermore is to be observed, that many aperient medicines which costive habits of body are frequently obliged to make use of, will produce great heat in the rectum and bring on the piles, which this Water is peculiarly beneficial in removing.

THIS Saline Chalybeate Water is alterative
and

and diuretic, and that it operates by a very gentle stimulus, without evidently accelerating the nervous system; it corrects the saline bitter and sharp humours of the stomach and bowels; also changes and sweetens the whole mass of humours, and it dissolves, attenuates, and separates all obstructions of the lungs, kidneys, and small vessels of the body, and carries off all kind of impurities through the several excretories; is happily adapted to wash and cool the kidneys and urinary ducts, discharging gravel, stones, and all fabulous lodgments, with surprising power and ease.

In suppressed menses it is aptly ordered to prepare the way for emænagogues, by properly cleansing and strengthening the alimentary tube, and disposing it to propel those active medicines through the lacteal vessels, so as to perform the part allotted to them in the road of circulation. It is extremely beneficial in the troublesome flushings

ings apt to attend the female sex upon the cessation of the catamenia, from a redundance of blood, which also brings on flatulency and humours of the lower parts.

DR. MUSGRAVE, who wrote professedly and with great judgment on that distressful complaint the gout, bestows the highest encomiums on purging Mineral Waters; and in the arthritic cholic he advises that they should be joined with chalybeates.

And it is very common in broken down constitutions and weak bodies, though ever so well cleansed of all hurtful humours and obstructions, yet they will frequently breed again; but by the use of these Saline Chalybeate Waters, the tone and elasticity of the solid parts and fibres, is restored and strengthened, and thereby all new gathering of hurtful matter or vitiated juices in any parts of the body are prevented and hindered.—

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It is evident, that when, among all the means of recovering health, if any one should be found deserving the name of apanacea, it must certainly be this surprising Saline Mineral Spring, or inimitable Chemistry of Nature.

AND God has particularly provided Mineral Waters as a singular remedy against all chronical distempers, (except a very few) provided they be not too much rooted and inveterate; and, in the opinion of the learned and most expert practitioners, they are the last asylum, after men have gone over all the predicamenta remediorum to no purpose; so that it is abundantly evident by innumerable instances, that it has a wonderful effect in manifold distempers to which human nature is liable.

THE chalybeate principle being most exquisitely refined and elaborated by nature, is adapted

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to penetrate the minutest vessels and recesses of the human frame, and thereby correct, reform, invigorate and confirm the constitution. The iron combined with the aerial acid, constitute an active saline chalybeate, which contributes to warm and invigorate the system, and to promote appetite and digestion. Fixed air, though an important principle in Mineral Waters, has been frequently over-looked by writers, or else confounded with the volatile vitriolic acid, from which however it is essentially different. The volatile vitriolic acid is easily distinguishable by its irritating corrosive quality, which destroys the colours of organized bodies; also by its stronger alterative power to other substances; and by being condensable into drops of genuine vitriolic acid.

FIXED air, on the contrary, is a milder acid, is void of acrimony, and even destroys the causticity of other substances; in its separate state it is

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not condensible into drops, but remains a permanent elastic fluid ; its properties indeed have not been minutely examined till of late, notwithstanding it is almost every where present, infomuch that few waters are wholly divested of it, except those of ice and snow: which perhaps may explain why the latter prove so unwholesome when used internally, unless by previous exposure in open vessels they are suffered to reimbibe a due quantity of it from the atmosphere.

THE phlogisticated air which also appears to enter the composition of this Saline Mineral Water, may produce powerful effects proportionate to the peculiar nature of such subtile fluids. The medicinal properties of these elastic fluids are far too little known to warrant us in drawing any certain conclusion concerning them.

THIS Water seems to derive its exhilarating quality from its aerial impregnations. From the foregoing

foregoing accounts it appears that this Saline Chalybeate Water is aperient, alterative, and diuretic, and that it operates evidently by a very gentle stimulus. Most Saline Mineral Waters operate according to all their incorporated ingredients together; and the safest and surest way to learn the virtues and advantage of Medical Waters is by repeated experience and manifold examples. It is needless to argue from our own changeful science on the operations of all Mineral Waters, till immutable chemistry of nature shall be understood, which alone can give us the true knowledge of them.

THIS inestimable Saline Chalybeate Water, which we are now speaking of, seems to be principally indicated in the following diseases:

FIRST.—In all morbid affections of the primæ viæ or first passages, proceeding from indigestion, costiveness, acidity, vitiated bile, putrid fœces; in

all bilious diseases and hæmorrhoidal complaints, commonly called the piles.

SECONDLY.—In diseases of the glandular and lymphatic system. From its peculiar cleansing and deterfive qualities it promises great utility in affections of this nature, whether arising from an hereditary taint, intemperance, improper foods, or too sedentary a life. Under this may be arranged scrophulous and cancerous tumors, obstructions in the abdominal viscera particularly of the mesenteric glands, diseases of the liver and spleen, stone or gravel, or any defect of secretion in the kidneys.

THIRDLY.—In external diseases and cutaneous affections. Under this head may be classed various diseases, seated in more remote parts of the system; such as obstinate diseases of the eyes, sordid ulcers, together with scorbutic and herpætic eruptions, scalded heads in children, and all other
cutaneous

cutaneous defædations; in incipient cancers a better medicine cannot be found for effectually putting a stop to those terrible pains which often dart into the nipple and the parts about it, and to oppose the progress of this otherwise fatal disease, if it be drank with continuance at proper intervals; in all old ulcerated or scrophulous sores it will be proper to leave off all plaisters or unctuous dressings, and to frequently wet the sores with this Saline Water: if the sores are very foul wet them with the water warm, but when cleansed and in a disposition for healing, then with the water cold.

PIMPLES and heats in the face and other parts are happily cured by drinking this Water, and a return of them entirely prevented by continuing the course through a second season; and in a herpes, though ever so obstinate, it is as it were a specific.

FOURTHLY.

FOURTHLY.—In certain nervous complaints proceeding from impurity of the blood or lymth, or the suppression of any customary evacuation, or any oppression on the nervous system that debilitates the frame. The above class comprehends a great variety of chronic diseases, nervous head-aches, &c. in which reason and experience seem to unite in bearing testimony to the medical properties of this Saline Mineral Spring; but on its utility in all nervous cases of a very stubborn kind, much depends on its being taken at a very early period, and continuing with a regular perseverance.

IT is proper to observe that many of the before-mentioned diseases are often complicated with others that are thought to require different treatment, and which consequently may be supposed to render the use of this Mineral Water doubtful.

THUS a question arises of no small delicacy, how far it may be used with success, in incipient consumptions proceeding from tubercles of the lungs; but I think at least from every philosophical or chemical reasoning on the properties and qualities of this Saline Mineral Water, it is always deserving of a fair and candid trial.

As consumptions may arise from many different causes, this may deserve the attentive observation of the discerning part of the faculty, who alone are competent to the task of distinguishing tubercles in their nascent state, or of obviating the progress

gress of that most fatal endemic malady so highly destructive to the youthful inhabitants of this island: particularly in the first stages of consumptions arising from a strumous habit, as they often, or perhaps oftener do than from any other cause; therefore a cure may be very reasonably expected from a timely use of this Water, with a strict adherence for some considerable time.

THE ill success which has hitherto attended the several remedies extolled for consumptions under the pompous names of vulneraries, balsamies and pectorals, tacitly admonishes us to adopt other methods of treatment, and to form our indications of cure on more rational principles; therefore a Saline Mineral Water, capable of correcting the acrimony of the blood, which producing inflammation proves so destructive when it falls on that very tender and most delicate organ, the lungs.

THEREFORE

THEREFORE as this Saline Mineral Water possesses a power of pervading the lymphatic system, and disburthening obstructed glands in the most remote part of the human frame, by promoting an increased secretion from the intestinal tube and glands of the whole viscera; and of removing all disorders arising from viscosity or acrimony of the juices, whether in the primæ viæ or elsewhere: and that without heating or weakening the frame—surely, seems justly to merit the attention and trial of the afflicted with due perseverance.

IF the portion of iron contained in this Saline Mineral Water should be dreaded in consumptive cases, on account of the supposed heating quality, be it remembered, that this objection lies much stronger against the resinous gums, balsamics, and squils; which are nevertheless daily exhibited in this dreadful disease, without fear or apprehension of doing mischief: though at the

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same time daily experience shews much injury done by every medicine that is in its nature the least heating or irritating to that tender organ.

BUT where tubercles or other tumors have advanced to a certain pitch in the lungs, or other principal vital organs, no permanent relief, it is to be feared, can with any propriety be expected from any remedy hitherto discovered by the most strenuous and laborious student in physic.

THIS Saline Water greatly increaseth the momentum of the blood without heating it, and thereby proves a most excellent deobstruent in all glandular infarctions and obstructions; conquers scrophulous disorders, by mending the weak tone of the solids, and acting as an aperient, resolvent, and detergent; as a sharpener of the appetite and a strengthener of digestion.

THE authors who have favoured the world with their analysis on Mineral Waters have indeed collected

collected their solid contents with considerable exactness, and from thence have generally deducted their real or imaginary virtues; but it is to be regretted they have so seldom attended to the volatile aerial parts, which escaped during the process. Those confessedly constitute the most active ingredients in the composition.

THE rapid progress of philosophical chemistry however encourages us to hope, that it may still be accomplished at no very distant period; and that a more accurate investigation of the mineral substances with which nature impregnates water may enable us in time more fully to comprehend her hidden processes, and finally produce artificial means of impregnations that may aid and assist the natural ones. Admitting the qualities and properties of the several ingredients to be once thoroughly known, it is humbly conceived that no very essential difference can arise from the hand that combines them.

HAVING thus attempted to point out the general principles of this Saline Mineral Water; the diseases in which it is indicated; and the directions necessary to its successful use,—I forbear descending to particulars: the nature of the Waters being once understood, these will readily suggest themselves to the intelligent reader. As no invariable rule in matters of this sort can be laid down, the discreet practitioner will vary the plan, according to the operation of the Water, the state of the disease, constitution of the patient, and other circumstances; which doubtless every invalid will most strictly attend to, and have every advice that the nature of their complaint requires.

I SHOULD hope the resident practitioner would endeavour to encourage so inestimable a production of nature, for the benefit of the valetudinarian, by preserving accurate journals of the principal cases committed to their care; candidly
noting

noting down the unsuccessful as well as the successful events that shall be produced by a candid and regular perseverance in the courses of this Saline Water; with the different effects it has upon different diseases and constitutions.

THE result of such an inquiry, impartially stated, would redound much to their medical honor, as a truly act of humanity, in endeavouring to point out a certain remedy for the relief of the afflicted, who are tottering on the brink of despair, under the most dreadful calamities, happy to catch at the most trifling twig of relief, in hopes of landing once more on the island of health; at the same time it would afford the public more satisfactory information concerning the Waters than can possibly be attained by any other method.

WAS this to become a general method by the ~~faculty~~ in all watering places, it would reserve
our

our medicinal springs from the opprobrium of being frequented, as they commonly are, on no better foundation than that of fashion, or caprice ; some, it would raise to public fame, that are now obscurely known ; others, it would strip of their false renown, by exposing the fabulous cures attributed to them by ignorance, self interest, or superstition. Each would thus in time find its own proper level in the scale of merit, which would encourage every person, in any way afflicted, with whatever disease may be thought curable by medical waters, to use the utmost endeavours their abilities in circumstances will admit of, to become partakers of so extraordinary beneficial a production of nature, were they ever so far distant or inconvenient to come to.

DISTANT professional practitioners would then be enabled to form a more adequate judgment
concerning

concerning them, and instead of being misled by erroneous opinions of preceding writers, would be qualified to correct them, instead of sending their patients indiscriminately from one Mineral Water to another. They would in the first instant be competent to determine their choice with propriety:—instead of dispatching them in pursuit of imaginary virtues, they would be enabled to direct them to those that are real.

THIS Water would likewise be a most excellent alternative to be used occasionally, during the time of being under a course of the Bath Waters (in lieu of Cheltenham Salts, which are frequently made use of) as it's being so contiguous to Bath, it may be procured fresh from the spring every day.

THE late accurate publisher, Dr. Kirkland, which I believe must be admitted to be indefatigable

tigable both as an experimental as well as theoretical writer, peculiar to diseases of the glands, commonly called scrophula or strumæ, which are productive of all manner of mischief, even tubercles in the lungs, indurated glands, and loss of muscular motion, with pulmonary consumptions frequently arising from a strumous habit; and it is his general opinion, that those diseases must stand a fair chance of finding relief from the use of a pure Spring of Medical Water, furnished with the bracing, deobstruent, and tonic qualities which this Saline Mineral Water possesses.

MINERAL Waters in general are wholesome and medicinal, adopted to various chronic diseases, and are doubtless the gift of heaven, endowed with healing powers, pointed out to man by nature as remedies of easy access.

HITHERTO

HITHERTO we have given an account of the virtues and effects of this Saline Mineral Water, for recovering of health. And now we shall lay down certain rules, which are to be observed in the use of them, in order to attain so excellent an end; and so much the more necessary it is to do this, because experience teaches us, that not only the means for recovering health, but even natural nourishment, if not made use of in due measure and order, does more hurt than good, and instead of helping, does really destroy the body.

HENCE it is apparent, that every Medical Water should be drank at the Spring, instantly it is drawn. The slighter the impregnation, the greater the necessity and propriety in so doing; particularly in Mineral Waters, whose component parts are more immediately kept in solution by an aerial menstruum.

DIRECTIONS for DRINKING these SALINE
MINERAL WATERS with success.

THE most suitable season for a regular course of these Saline Mineral Waters is undoubtedly during the summer months, from the beginning of April to the beginning of October. In all diseases it may be used at all times of the year, though not in many cases with equal advantage.

It is equally good in every season with respect to its impregnations; but in the summer months it is undoubtedly allowed to be of much more superior benefit, from the concomitant advantages
of

of both air and exercise being easier and more agreeably attained.

WITH regard to preparative means, internal medicines are generally superfluous, particularly where the person has been under a long previous course of different medicines; as this Saline Mineral Water itself supplies its own preparative, if managed with propriety according to the urgency of the case.

WARM bathing indeed is sometimes previously necessary to its success in certain stubborn cases, attended with obstructed perspiration, rigidity of the fibres, spasmodic strictures, cramps, cutaneous affections, &c. In these and various other instances of this kind the warm bathing ought to precede, or be joined with the internal use of these Waters.

EARLY rising being conducive to health in general, and to the successful use of these Saline Mineral Waters, the drinkers ought to repair to the Pump-Room at an early hour, and drink the Waters fresh at the spring as soon as ever it is drawn into the glass, that the aerial particles may not exhale.

ADMITTING the importance of these subtle fluids we may account for the material difference found between drinking the Waters in this state and after it has stood exposed to the common air, or being conveyed at a distance: for though it contains it's chalybeate and saline qualities, after the volatile aerial parts have escaped, yet it seems not then to pass so rapidly by the lymphatics into whole habit, so as to produce its effects so speedily in the system, as when drank fresh from the cocks, and replete with these active principles;

which

which is the case of all Mineral Springs, allowed by the opinion of every writer.

HENCE may be perceived the error of those who, through indolence, or inattention to the principal object, content themselves with having the Water brought by their servants to their lodgings, in bottles, often very imperfectly corked: a custom too prevalent, especially among people of fashion, who thus lose a degree of efficacy of the Water, besides the exercise in the open air, which is so highly conducive to its success.

At the beginning it may be prudent to drink somewhat less than half a pint, three times a day, increasing to a full half pint (after a few days,) at proper intervals from meals.

For instance,—the two first glasses to be taken an hour before breakfast, at the distance of half an hour between each glass; and the third about
two

two hours after breakfast, walking under the colonades, or riding on horseback between each glass. Thus the whole may be over before noon, and admit of a pleasant airing before dinner.

IN many cases of the scrophulous or scorbutic kind, or any cutaneous desadations that are very stubborn, it may be very proper to take half a pint or upwards four times a day, according to the exigency of the case, the constitution of the patient, manner of its operation, and the intention of the prescriber.

WHEN it passes off too rapidly by the intestinal tube, the quantity must be lessened, or some absorbent medicine, (by the direction of an apothecary or physician) intermixed with each portion of the Water, so as to prevent that laxative effect, that it may be the more readily taken up by the absorbent vessels, as by that means a certain

tain quantity will be introduced into the round of circulation through the general system, according as the urgency of the case may require.

A LONG continued course of these Saline Mineral Waters will be found absolutely necessary in many stubborn cases, and should be left off in a gradual manner, using for a few weeks after a more abstemious diet, and guarding against costiveness.

THE propriety of the above will appear obvious, when it is considered that if a free course of living be indulged immediately after going through a medical course of these Waters, will without doubt, produce manifest symptoms of plenitude, which are attended with dangerous events, arising entirely from such improper management; and which in general might very easily be prevented by due attention to particular rules.

IN

IN respect to diet and regimen, it will be very necessary to attend to, in a regular manner, during your being under a course of these Waters.

BUT though it must be allowed that food is in general more agreeable than medicines, and that a proper diet is a principal matter in the cure of all diseases; yet medicines are not to be entirely discarded: it frequently happens that the patient has not any appetite; and where the appetite is bad, the forcing down food can do but very little service, because it will not be properly digested.

UNDER such circumstances we should first attempt to bring on an inclination for food, and by strengthening the powers of digestion, we lay the foundation of our proceedings: for if digestion is well performed, food does its proper office,
and

and health is the consequence. For this reason and purpose,—we should employ means that are gentle in their effects: for weak stomachs cannot bear rough usage. Therefore we here have contained in this Saline Mineral Water, an absolute quality, formed by nature, capable of performing all this aid and assistance to human imbecility, both to the tone of the stomach and power of digestion.

INTEMPERANCE, or inattention to diet, may as entirely defeat the hopes of the patient as well the practitioner, in regard to the utility of this inestimable Water: for the luxury of the age, and the fashionable mode of high and expensive eating are not only a disgrace to our reason, destructive of our fortunes, and what is much more serious, destructive likewise to our health and constitutions.

SUCH are the immoderate use of gross animal food, the abuse of strong liquors, indolence,

late hours, hot rooms, and sudden exposure to cold, particularly in the night season, or drinking cold liquors when the body is heated by dancing or other violent exercise.

THE kind of food is very necessary likewise to be attended to, and such made use of as is supposed to be the most easy of digestion, and moderate in quantity, simple and nutritious. Those are the wisest of people who make their diet of that which is the most simple, and eat moderately. It should be likewise accompanied with a due proportion of farinaceous aliment, and esculent vegetables, many of which the soil of this country produces in great abundance, and in very high perfection. Milk, and light spoon meats, are in general preferable to either tea or coffee: chocolate or cocoa may be also used with freedom.

SUMMER fruits, either before or after meals, are by no means objectionable, but very wholesome and proper, provided they are perfectly ripe, and eaten with moderation.

THE exercise should consist chiefly of riding or walking, and should be used before meals, and regularly pursued during the course of drinking these Mineral Waters; but a due equilibrium is necessary to be observed in both diet and exercise: for as a moderate exercise and aliment nourishes, so does violent exercise or immoderate diet debilitate.

WE should likewise pay the utmost attention in keeping the mind tranquil, or agreeably amused. Deep concern about business or domestic affairs must for a while be dismissed, and every cause of grief, anxiety or inquietude diligently avoided, as the passions of the mind

are of a very great influence on our bodies, and are of infinite consequence in the regulation of our healths; a circumstance of the greatest importance, and ever necessary to be had in view by those who wish to reap a lasting benefit from the virtues of these Saline Mineral Waters.

It is much to be regretted, that the Mineral Waters of this kingdom were not under the same royal patronage as those of France formerly were. An inspector general was appointed, who analyzed and frequently examined the state of the different public Mineral Springs, endeavouring also to discover, if possible, new sources. A similar method pursued in this kingdom would be of infinite medical use.

THE author of this treatise has no other motive in publishing this pamphlet, than that of
 serving

serving the afflicted, by the probability of making known to the valetudinarians of this kingdom through the channel of the press, the inestimable value of this new Spring, and inimitable chemistry of nature : which, was it not for the press, might lie dormant from a great number of the afflicted in this kingdom, and instead of being able to enjoy the great use and benefit of this Medical Water, and become once more happy and useful members of society, enjoying life and health ; which would otherwise probably fall a victim to their dreadful calamity, which they may have possibly suffered under for many years.

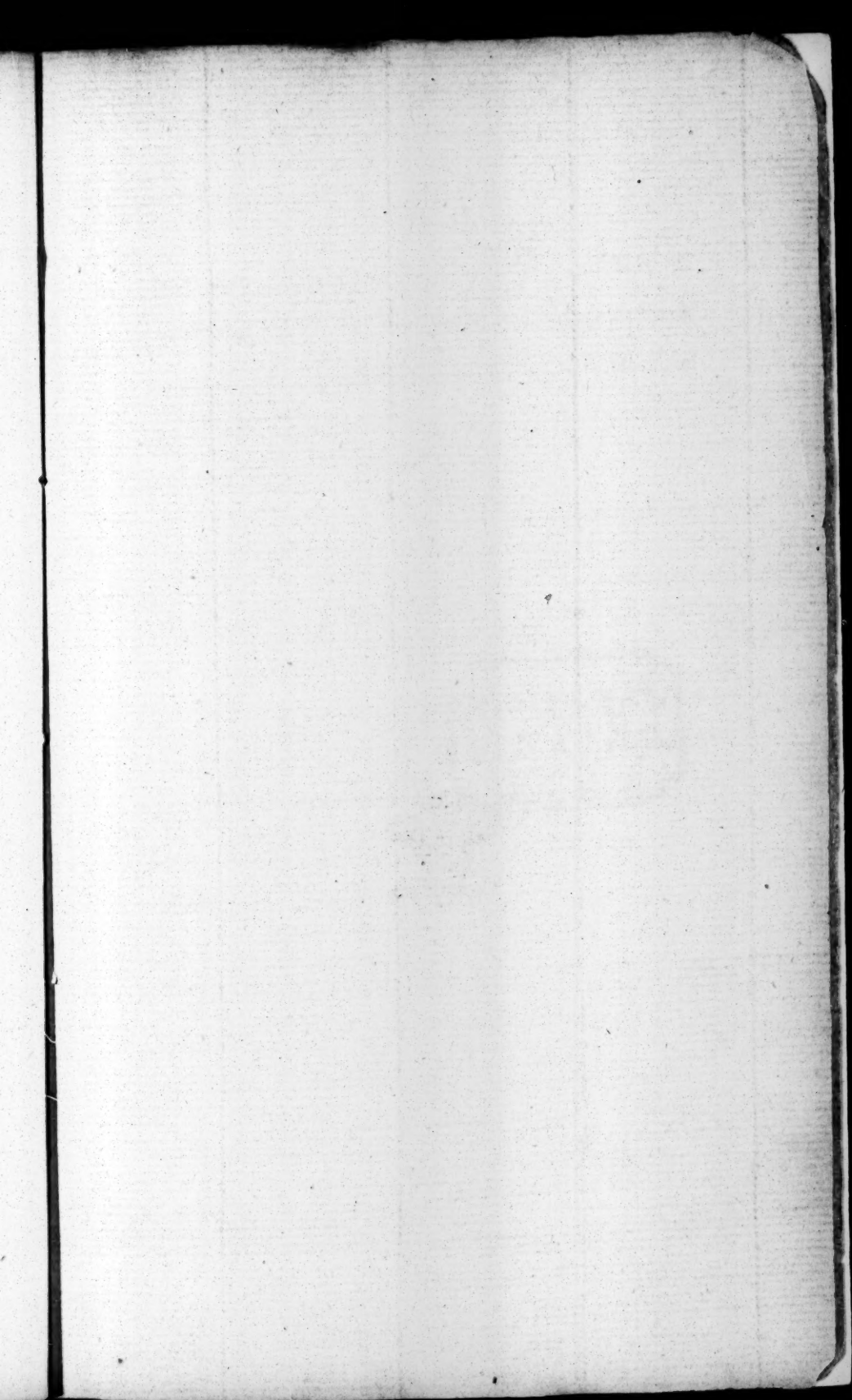
IF this pamphlet does but tend to a more rational and regular perseverance in the use of these inestimable Mineral Waters, there is no doubt of its proving successful to the invalid,

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in restoring health, and longevity, and the
author's principal aim will be accomplished,
and his time fully compensated.

FINIS.





Bristol

New Spaw

(maroyke Pond)

first discovered by
Deepening a Well
about the Year

1786

purchased on the Spot in 1795

DW~

